

intercept the 'You'll win - I'll lose' response and to change the reward to winning the struggle for *himself*. AUTOMOD is effective. It works for all of us. We are all hooked into positions which involve parent-child/child-parent recordings of some sort.

Are you optimistic about the expansion of AUTOMOD?

Very optimistic. You see, AUTOMOD is unique. It teaches the individual to disengage himself from the controls, not only interpersonal but also the large-scale deliberate manipulation of human life, by advertisers, politicians and others. It gives the individual a method of permanent use. It's been very exciting to see how quickly people have grasped and utilized the AUTOMOD method and to see, simply, how it works.

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Mark Matthews

Memories of a Meeting

A Workshop on Integrated Sensory Awareness, May 8.

It was a beautiful Saturday morning, the sort of day for being in the countryside. It was ten o'clock, the scheduled time to start, and I was completely alone. Waves of anxiety, rejection and resentment. Was it the right day, the right place, where is everyone?

Chose a spot, relaxed, used alpha level to change mood, achieved calm optimism. Gradually people arrive. Half an hour later, fourteen of us were ready to start. I introduced myself and the theme briefly. Suggest and guide a few exercises. Small groups explore what is common and what is different. Pairs share problems or symptoms which prevent whole attention and involvement.

I introduce conventions for the day and talk of truth, faith, and belief systems. Suggest an exercise to explore stereotypes. The group rejects the suggestion. I wrestle with the contradiction of what is and my plan. Move on to small groups discussing psychic experiences. Follow with magnetic network exercise and a guessing game. The move from fun to tension adding variety but the energy is low.

Most of the group go to the park to have lunch. Some displeased go to the pub and do not return. We feast in the shade of giant trees. We wave back to one of the little people and ponder the folly of being grown up. Decide to hold an event in the park to involve passers by. Project 'CONTACT'.

After lunch commence with a relaxation, suggestion experience. Words cannot capture the experience. Some slept, some experienced a light trance: all ended on a relaxed and open attitude. In this mood we met each other through sign language and hugs. So many hugs, such very good feelings. The need for structure was gone. We played, talked and shared. We were high and tranquil except for one. She left me with a light kiss in search of a teacher.

We had tea and talked informally on the effects of conditioning. How it is that our expectations become set and therefore self fulfilling. Of experiments which have shown how positive expectations improve ability and health. Later we repeated the relaxation suggestion exercise. Specific suggestions on health, problem solving and relaxation were introduced. The significance of the alpha level of mental function for psychic investigation was established, the potential for future self suggestion revealed.

We shared our experiences, feelings and lingering doubts. The 'I Can't' pattern which limits our potential to try. We were all high. It felt so good for me to share positive views and to see the light of realisation in happy faces. So we arrived at the time for parting, the sense of loss and lingering goodbyes, requests for a regular group to go further.

My memories of a meeting. Any readers interested in the 'CONTACT' project, or positive feeling groups should send a S.A.E. to Mark Matthews, 873 Chelsea Cloisters, London S.W.3.

Fan, fan the flames,
Watch the orange flicker
In the straggling wind;
Let the flames of Hell
Mingle with the stars,
Set the universe alight.
Out of the molten muddle
A phoenix can arise.

Anne Coghill

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